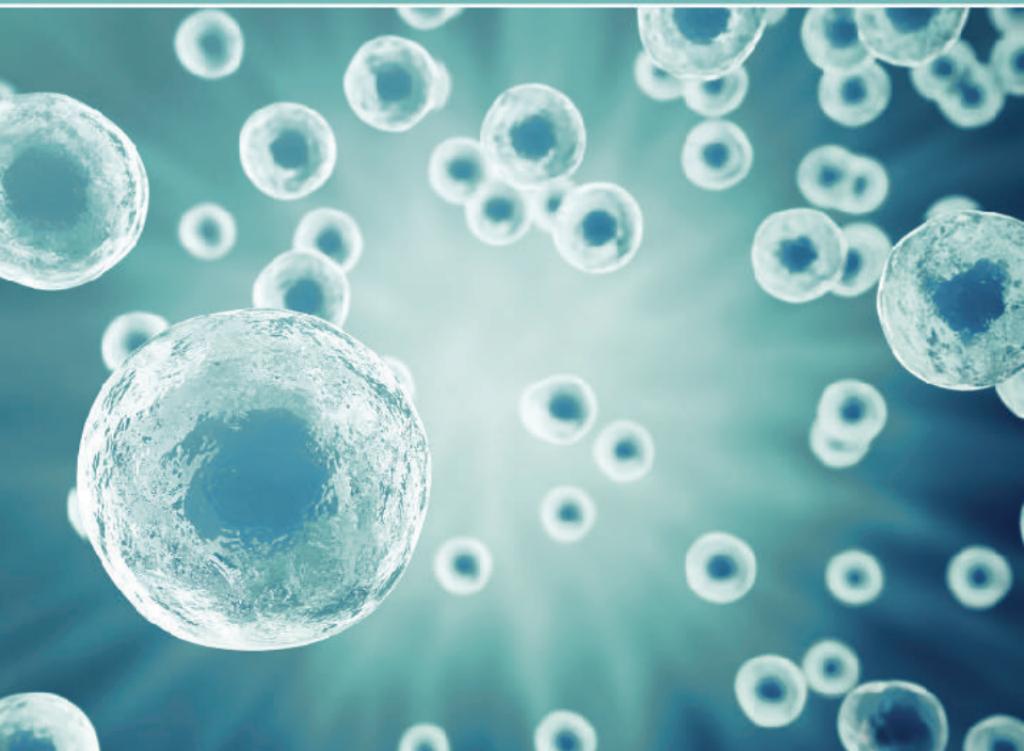


THE STEM CELL BREAKTHROUGH

Reversing Pain and Chronic Disease
and Getting Back to the Life You Love



Regan Archibald, LAc, CSSAc

The Stem Cell Breakthrough

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Created with:
90-Minute Books
302 Martinique Drive
Winter Haven, FL 33884
www.90minutebooks.com

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Published in the United States of America

180126-00998-1

ISBN-13: 978-1643200019
ISBN-10: 1643200011

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Introduction

Welcome to Your Stem Cell Health Breakthrough!

I'm very excited you've decided to explore a new approach for getting out of pain and recovering your health. I believe the information I will share with you in this book will shed new light and direction in your journey to better health. Stem cell therapy is one of the most important breakthroughs of the 21st century because these cells repair your body the way your body already heals itself. This book will provide key insights on how it can benefit you or the ones you love. I am incredibly grateful to the many individuals who have done the research on stem cell therapy many of whom I've had the pleasure of meeting and spending time with. I am also deeply appreciative of my thousands of patients, an amazing medical team at East West Health, and also my colleagues across the country.

If you've picked up this book, you may have looked into stem cell therapy for your health conditions, but have struggled to find the right answers that pertain to your particular condition. I can tell you that I've been where you are. Several years ago, I was in a snowboarding accident, and the accident left me with a torn rotator cuff. My labrum was injured and my scapula was fractured. I wanted to avoid surgery because the success rate was low, the procedure was expensive, and the rehab time-consuming. So, I tried every natural solution I could, and finally, after six months of poor sleep and relentless pain, I finally sought the advice of an orthopedist. What she told me was that a shoulder replacement would be the most appropriate treatment for me. I was 34 years old at the time, and that did not seem like a viable solution. I asked her what else I could do, and she recommended that I think about stem cell therapy. I asked her what she knew about it, and she said, "Nothing."

And so, I was left on my own, but I went on a quest to find out how I could procure stem cells, and what the best source was. Throughout this personal journey to healing myself without surgery, I would discover ways stem cell therapy could repair and enhance the healing in my shoulder. I ended up using stem cells from birth tissue from the amnion and umbilical cord of a healthy mother who donated her tissue, which we injected into my shoulder. The first three

days, not much happened. I still didn't sleep well. However, that third night I went to bed, and I slept through the night, which was the first good night's rest I'd had in nine months. When I woke up the next day, I could move my arm a little better. I noticed the edge was taken off my pain. I had better strength and stability. At the three-month mark, my shoulder was at least 80% better. Within six months after receiving one stem cell injection into my shoulder, it was as good as it was before the accident. It was groundbreaking for me because there was no other option to help and this one injection allowed me to get back to doing what I love. Since treating my shoulder, I've also had success in treating a torn meniscus in my left knee, fixing an old neck injury, and have even treated my brain from a handful of concussions with intranasal stem cells, all with phenomenal results.

As you can imagine I'm a big believer in stem cell therapy. I've seen it work in more than 2,500 cases at my clinics at East West Health. With the groups I collaborate with through the stem cell health centers, we've seen well over 25,000 cases with over a 90% success rate. What I'd like to do in this book is show you the ways stem cells can help, show you some of the things it can treat, and share with you some of the limitations with stem cell therapy. It's not a panacea; it's not going to heal everything or everyone. But we found some of the secret ingredients to making

this therapy as effective as possible. We have found that with perinatal stem cells we can reverse some the toughest conditions. We have found that each patient needs lifestyle coaching, nutritional advice, and a fitness program to get the best benefits. If you are in pain or suffering in any way right now, then you've come to the right place. You can find providers in your area by visiting www.stemcellhealthcenters.com or simply email me at info@gowellness.com or call (801) 582-2011.

I hope you enjoy the book, and that it gives you the clarity in finding out if stem cell therapy is right for you or not.

To Your Health!

Regan Archibald, Lac, FMP

The Current Healthcare Crisis

“90% of all diseases prevalent today are not treatable with orthodox medical procedures.”

—World Health Organization

Are you reading this book because you're tired of the answers you've been given for the chronic pain or disease pattern in your body? Maybe you're tired of the answer being more drugs or surgery. That was the position I found myself in; a lot of you are similar. You're somebody who is looking for a different answer: an answer that's safe, an answer that's effective, and one that can give you permanent results. After all, what is a drug treating at the end of the day? It's treating the symptoms of a deeper underlying cause.

Most surgeries are performed to repair a symptom. If you have a torn meniscus, then the

symptom you have is pain, and so the answer is to trim off some of the meniscus in your knee to resolve your knee pain. The Lancet released a study that showed meniscal repair to be less effective in the long run than not getting surgery at all. Now we have evidence that Stem cell therapy can be one of those non-surgical solutions.

In the United States, we are in a massive health crisis. I would say worldwide we're moving into a health crisis in the industrialized countries because of the food we eat. The amount of pharmaceutical medications we're taking is greater than it's ever been historically. The other problem we're faced with is a lot of us have lifestyles that are not conducive to health. As I mentioned earlier, the number one problem we have with chronic disease is treating the symptom with drugs or surgery. The end result of this healthcare model is greater dependence on medication and increasing surgeries. We've become more dependent on our doctors for our health than ever before. The only path for real health is health independence and this book will reveal therapies that will move you towards brand new health.

Reclaim Your Health with Stem Cell Therapy

One of my purposes in life is to give people back their health independence. I hope to give you some of those answers which lead you to your health independence. I don't want you dependent on me, a medication, a surgery, or even stem cell therapy for your health independence. But, for those of you who are reading this book, you're going to need to get to the next level with your chronic disease. I'll be sharing some stories from our patients throughout this book, and some of them may relate to exactly what you're experiencing.

First of all, if you look at the way we approach things with stem cell therapy, it has to start with a team approach. Our teams focus on your results, not just medication or surgery.

Throughout the last six years, what we've seen are phenomenal miracles with stem cell therapy.

One of our patients, we'll call him Bob, has Parkinson's tremors. They would get so severe that his head would be bobbing back and forth uncontrollably, to the point where, on certain days, he couldn't even drive a car. It was making him dizzy. It was upsetting the quality of his life.

When we treated him, within the first month, he had an 80% reduction in his tremors. After six months, he had nearly a 92% recovery rate, and his tremors have been that way for the last three years. He still gets tremors if he looks up at the ceiling for too long or if he gets stressed out by driving in traffic, but this was a phenomenal breakthrough for him.

Another breakthrough we've seen is in treating rheumatoid arthritis. One of our patients had had this condition for more than 30 years. He was being treated by a team of experts up at the VA. He was on 16 medications for his condition. Some of the medications he was on were Humira and Enbrel, which are some of the most expensive medications on the market. Yes, his insurance was covering most of the expense, but his doctors told him when his liver and kidneys started to fail, "Well, try this one more medication." This patient said, "No, thank you."

He ended up coming to our clinic because his daughter had been treated very successfully with stem cells for a hip issue. He came to the clinic,

and we found that we first had to get him off some of the medication which would block the stem cell proliferation. Once he was treated, his symptoms decreased by 85% in the first 45 days, and 95% a year later. He's now fishing again. He's hiking, he's shooting guns with his grandchildren and children, and he's also lost 67 pounds. He feels like a new person.

One other breakthrough we've seen is in patients who have issues with their lungs. One of our patients is a war veteran; he was in the Iraqi War. He was exposed to the burn pits. They were burning batteries and tires and all kinds of plastics which are very toxic to the lungs. Once we treated his lungs, for the first time in nearly ten years, right after the treatment, he was able to take his first breath of air that did not feel like his lungs were on fire. This particular patient, we'll call him Fred, would hold his breath because it hurt so bad to breathe. We saw him on his follow-up visit a year later, and he was still doing great.

We've seen improvements in our patients who have lung issues. The majority of the patients who come to see us are there for arthritis in the knees, "bone-on-bone. They come for degenerative disc disease, disc herniation, any musculoskeletal pain, hip arthritis, and shoulder pain. All those things are treated very successfully, but one of the questions I get is, "Hey, Regan, I think I'm too old for this treatment." I always remind people, "Well, look,

you may be old, but the stem cells that we use are young. They're very fresh; they're vibrant stem cells."

Throughout our stem cell health centers nationwide, the oldest patient we've ever treated is 96. We've treated two 96-year-olds, both of them for osteoarthritis, bone-on-bone, in the knees. They were too old to be operated on. Both had been recommended to receive a total knee replacement. Their knees improved by 85% at six months, which is phenomenal. For those of you who think maybe you're too old, well think again. And yes, I am looking for someone who is 100. So, if you're 100 and reading this book, give me a call.....seriously.

A lot can be done, but just because some of these treatments have been breakthroughs for so many thousands of our patients, you should realize that there is work going on behind the scenes. There's a lot that needs to happen to get your body to the place it needs to be for healing to occur. Even if we look at the science behind it, the science can be very complex. So, if you don't mind, I'd like to jump into some of the science behind how these breakthroughs occur. Realize that I may write this book again five years from now, and the science will have a much broader understanding of what this does.

The Miracle of Stem Cell

What is a stem cell? Well, first of all, what's a cell? Your body is made up of trillions of cells. Together, these cells give you structure, shape and specialization. Your cells allow you to interact with your environment, maintain structure, and survive. Cells take in nutrients from your food and convert it to energy, which is called metabolism. Cells also contain DNA structure that allows them to combine with similar cells to perform specialized jobs in your body. Your 220 different types of cells are constantly communicating to each other. You have cells for your eyes. You have cells for your liver, your heart, your kidneys, your brain, your ears, your skin, your muscles, your cartilage, your bones. All these cells, if they're healthy enough, will keep repopulating-if they don't, the cell lineage dies off, and that's called "senescence." Senescence is the biological aging

process that results in the process of becoming old, it's what ages us. Aging is the number one cause of death worldwide, with 100,000 people dying every single day from aging. Every minute that we're alive, our cells are dying, as well. So, we're replenishing cells, and our cells are dying. In fact, every minute that you're sitting here reading this book, you have over 300,000 million cells that die.

What would happen if your body's cells just kept dying? Well, you would die! Otherwise, no big deal right?! When your cells die, this process is called apoptosis. It's natural cell death, and it happens to all of us. Apoptosis happens before senescence. With apoptosis you will have another cell to replace the one that dies, in senescence, the entire cell lineage dies off without replacement and you age.

When we're young, we have more stem cells so our cells repopulate themselves much more quickly than as we age. Researchers looked and asked, "What's behind these cells that are repopulating? Where are they coming from?" What they discovered is that stem cells are lying there, quiescent. They're quiet cells, just peacefully immobilized into specific tissues and pockets. There are also precursors to stem cells that are wrapped around the lining of our blood vessels called pericytes. Whenever there's been an injury to your body, the blood vessels get damaged and the pericytes unfold becoming mesenchymal stem cells, which then go through

a regenerative pattern to help heal that damaged vessel. The unfolding of pericytes is miraculous because you have over 25,000 miles of arteries in your body, enough to wrap around the earth 3 times, and when these pericytes become MSC's then the body can maintain its health through blood circulation. Your blood carries all your essential nutrients, immune cells and oxygen. Everything in the body is dependent on blood supply to survive and your stem cells are right there making sure you have a repairman handy at any given time.

As you lose eye cells or brain cells while you're reading this book, then what's going on is you have neuronal stem cells that help replenish your brain or your nerves. You have eye cells that help replenish your eyes. If you have enough stem cells in your body, you have these undifferentiated cells which can become any of the 220 different types of cells you need, and they can regrow cartilage, ligaments, anything you need to replenish the 5,000,000 cells you're losing every second. As we age, it becomes difficult for these stem cells to replenish themselves. When a stem cell is differentiating, one cell becomes what's called a daughter cell. It's regenerating and replenishing itself before it differentiates and becomes a cell type.

Where can you get stem cells if you're body's running out? Like I mentioned before, 100,000 people die every single day from aging. Unfortunately, the FDA and the American

Medical Association don't see aging, as a disease so there is a block in research that could propel stem cell therapy forward. Aging is simply a matter of not having enough stem cells to repopulate the damaged tissue and to help your body heal. If you have enough stem cells, your body can heal from anything, especially aging, which is the number one killer for all of us.

Where do we get stem cells? If you run out of stem cells, where can you get them? Originally, researchers found stem cells in the bone marrow. In 1974, we started doing bone marrow transplantations for leukemia and certain types of anemia. This has been a very successful, very productive type of therapy. The researchers started to discover, "Wow, there are stem cells not only in the bone marrow." There are stem cells in the adipose tissue. There are stem cells in the hippocampus of the brain. There are stem cells in your heart. In virtually every tissue compartment researchers looked at, they were able to find stem cells. One of those novel sources of stem cells was found in the perinatal birth tissue.

There are also stem cells in embryos. These are called totipotent stem cells. When people tell you it's risky, that these stem cells can cause tumors; they are right, if they're talking about embryonic stem cells. Embryonic stem cells transplanted into the body can be very dangerous. These cells just want to become a baby, and so, they're going to keep growing, and in some cases, they can

grow out of control, which can create tumors. Embryonic stem cell use is illegal in the United States unless it's for research.

The stem cells we are talking about are these special undifferentiated or partially differentiated mesencymal stem cells found in the amniotic membrane, the umbilical cord, and even in the placenta decidua. There is also an abundant supply of hematopoietic stem cells found in the umbilical cord blood. There are cells found in the umbilical cord tissue and some in the amniotic membrane and placenta. These cells can help replenish and help your body heal when your body's been damaged. Are these cells the chief therapeutic component in the perinatal birth tissue? Probably not. While they have incredible healing capabilities, we are seeing that the stem cells work far better when they are used with all of the other proteins, extracellular matrix and growth factors found in the birth tissue. This may come as a surprise to some of you, but what we've seen is that the MSC's behave one way in the lab, and then when placed in the body, they take on an entirely new behaviour.

In the birth tissue you will have cells that are beyond the MSC state as they are further differentiated into various lineages of multipotent cells. These cells can either continue down that path or they can transdifferentiate into something completely new. The cells in the perinatal tissue have what are called "paracrine"

properties, which means that they can send out signals that influence the environment around them. They call in specific hormones, growth factors, or even stem cells to promote healing and regeneration.

In the birth tissue you will also find active tissue inhibitor proteins called TIMP2 which can help grow new blood vessels for those of you who have vascular disease or circulation issues.

What's also been identified and studied in the perinatal tissue are the healing properties of the naturally occurring macrophages, growth factors, cytokines, and hyaluronic acid. All of these properties combined with the very powerful cells create an incredible healing agent that mimics the way your bodies heals. The same healing agents in the tissue allows the baby to thrive and develop are the same agents that help you grow new cartilage, tendons, or even nerves.

How is the perinatal tissue retrieved? The birth tissue comes from healthy mothers. The process of utilizing the perinatal tissue falls into the FDA guidelines, in 21 CFR 1271, section 361. These are the tissue reference guidelines; the perinatal tissue is not a drug and therefore, is regulated in a separate category from drugs. The mothers are undergoing a C-section birth, and with the Cesarean birth, they are consenting and donating their tissue. The lab that procures the tissue must follow strict guidelines to sterilize, process, and cryopreserve the afterbirth. The lab that I have found to be the most effective in both

MSC's and CFU's is able to get the birth tissue from the local hospital to their labs in ten minutes. These cells are very fragile, and if they're exposed to the environment too long, then you can have some cellular death, or it will diminish some of the outcomes.

All labs procuring birth tissue are not equal in the amount of live mesenchymal stem cells (MSC). This has been confirmed to me after hiring a third party company to test samples from several labs. Some labs have a low quantity of live MSC's upon thawing the tissue. This could impact the outcome of the treatment. Even though the MSC's are possibly not the central therapeutic agent, they are still incredibly important because of their paracrine and trophic functions. When I started investigating this, I found is that most of the labs were using higher levels of sterilization agents than the lab we use. They also took birth tissue from all over the country and Mexico. Using a lab that procures birth tissue from healthy mothers locally, using safe, novel sterilization agents seems to have the biggest outcome on cellular viability from these products.

The Possibility of Exponential Healing

Your body doesn't heal as quickly with age because your stem cell population diminishes. Imagine a two-year-old falling down a flight of stairs. They get to the bottom of the stairs, and they may cry because they were nervous, then they get up and go and make a mess somewhere. But an 80-year-old falls down the stairs, and that just might be the last step they ever take. One of the reasons we don't heal as quickly is our stem cells also loses vitality as we age. This vitality is further depleted based on what we've been exposed to in our environment, our levels of stress, and from our eating and exercise habits.

I chose not to receive stem cells from my own body was the fact that I've been exposed to a lot of chemicals growing up on a farm in Idaho. I would move sprinkler pipe, and was exposed to massive amounts of Roundup through crop-

dusting planes. I was also exposed to chemicals working with equipment and machinery and ended up with some autoimmune conditions early on in life. I was however, able to find natural ways of reclaiming my health, which I have written about in other books. Because of my health conditions early in life, I did not want to use my stem cells because the stem cells in your body have been exposed to everything you've been exposed to in your entire life.

As we age, our stem cells use their potency. If we take a stem cell from a newborn and we put it in a Petri dish (and researchers have done this), we watch that stem cell and we grow it, and we see how often it can differentiate, how often it can turn over and double itself.

Stem cells provide exponential healing, which means it's a doubling effect in a small amount of time. One stem cell from a newborn's body is going to double in size every 24 hours. So, if you look at the amount of growth that will happen over a 30-day period, one cell after 30 days of doubling in number. One cell the next day becomes two, the next day becomes four, the next day becomes eight, then 16, then 32, then 64, and so on and so forth. By the end of 30 days, it becomes one billion cells. One young, fresh stem cell can become a billion cells very quickly.

You take a stem cell out of a 35- to 40-year-old, and you put it in a Petri dish, and it's going to double every 48 hours. Now, you may think, "Oh,

that's not too bad. It's every two days." But if you look at the exponential growth and how it's thwarted as we age, that one cell, at the end of 30 days, is only 32,000 cells. It may be enough to help you heal, but not nearly as potent as your young stem cells are.

By the time we're in our 60s, put that one stem cell in a petri dish and feed it and watch it grow, and it's going to differentiate and double in number every 60 hours. By the end of the 30-day period, you're only going to have 200 stem cells. That's it. So, it's important that we get stem cells that are young, they're fresh, and they're vibrant.

The cells in the Wharton's jelly of the umbilical cord are very powerful, but there are other factors that come along with them in this tissue. One of the major factors is cytokines. Cytokines are proteins that are important for cell signaling, and these cytokines can affect the environment around them and create an environment where your cells can start to grow.

The other thing that happens is there are these growth factors. Growth factors are naturally occurring in some of the platelet-rich plasma from the blood that's naturally occurring out of the placenta. All the red blood cells are removed; all the human leukocyte antigens are removed, so there's no risk of your body rejecting this tissue.

But what there is contained is natural PRP (platelet-rich plasma). There are also high

numbers of these cytokines and high numbers of growth factors. One of the most impressive proteins that have been found in this birth tissue is these proteins called TIMP2 (tissue inhibitor of metalloproteinases 2) proteins. These TIMP2 proteins are necessary for vascular growth that will improve your circulation.

The possibility of exponential healing resides within this perinatal tissue. One of my favourite patients received this medicinal cell therapy last winter in his knees, neck, hip, hands, and back so that he could continue to work on his farm. We also treated his lungs and performed and overall wellness infusion for him. He told me that his goal was to work like a 30 year old into his 70's. He loves his work and wants to maintain a high level of vitality while he does it. Just over a year later he reported back to me that he was in fact able to work 16 hour days for nearly 6 months straight, he felt stronger than he has in years, and he was able to outwork men 20 years younger and he felt like it was a direct correlation with the treatment and wished to repeat exactly what we did for him the year before.

Nature's Little Miracle

What the researchers have found is that, in any area of your body that's been damaged, any chronic inflammation, your tissue becomes ischemic. We think of ischemia as mostly when you have a heart attack, and then you end up with ischemic tissue, and that means the tissue has lost oxygen. Ischemia can happen anywhere in your body, not just in your heart. What these proteins will do is promote vascular genesis. Now you have this new growth of blood supply to feed the damaged tissue. This is critical for those of you who have cartilage damage. The cartilage will slowly start to repair itself, and it needs blood to repair itself. The other thing that happens when you have stem cells, not only do you have the growth factors, you have the tissue matrix, all the enzymes, everything is naturally occurring the way it occurs in the birth tissue.

All we're doing is promoting your body to heal the same way your body's been doing it day in

and day out. We're just supplying some of those ingredients. If you think of the birth tissue, it's there to help the baby thrive. It's also there to help the mother heal. I look at this as nature's little miracle. It's a little miracle soup. It's not just the stem cells but what the stem cells can do, and there are a small number of mesenchymal stem cells which have been tested in a laboratory so that we can verify this. Some tissues do not have live stem cells. I don't know if it's the procurement method or if it's time it takes to get that tissue from the mother into the lab, but what we found is that not every stem cell tissue, not every birth tissue has live stem cells because of the procurement process.

We have found, in the products that we use, there are high potency and high quantity of robust cells. When they come into the body, the very first thing the MSC's do is put up a curtain. This is through the T regulatory cells. This curtain blocks the inflammation, so it stops your body from attacking that tissue. Anytime your body is injured, it's going to be releasing chemokines. These chemokines are what your stem cells are drawn to. The stem cells release this curtain of molecules which stops the body's degenerative process. Once your body's degenerating, it's going to keep degenerating. The only way to reverse that is regeneration. Stem cells stop the degeneration and bring on a regenerative property. Some of the other things they stop are the interleukin-6 and the TNF- α .

(tumor necrosis factor alpha) cells which promote inflammation. They turn off those cells so that your body can start to heal.

The stem cells also send out tropic factors which mobilize and call in your body's stem cells. Remember the pericytes that sit on top of your vessels? Those pericytes get called into action and become mesenchymal stem cells, and then they mobilize themselves to the areas that have been damaged. Studies have been done where they've injured rats' spinal cords and applied human umbilical cord stem cells to the spinal cord to see if the stem cells from the umbilical cord could heal the spinal cord. Believe it or not, in most of these rats, they were able to get the full range of function as if no injury had happened. But when the scientists looked at the genetic material in these rats, they found that the majority of the healing in these nerves was from the rats' own stem cells.

This is very interesting because we don't know exactly what's doing the healing. Is it just the stem cells that are going in calling in other cells, and they're doing their best, but they colonize through your body's healing network. Or is it the stem cells? We found it does stimulate a cascade of healing responses the same way your body heals every single day. We're just amplifying that process. A lot of people say, "Well, can you put it all throughout my body?" Yes, of course you can but if you have a joint that's been damaged, then we need to target that specific area. These cells

are self-regulatory, so they're not going just to keep going and growing unchecked. They turn off on their own. They know when the healing's been accomplished, and their job has been done. The switch turns off and those stem cells either migrate somewhere else in your body, or they see that their job's been done and they go into quiescent mode.

Treatment Application

To summarize, if you have got enough stem cells in your body and you have damage to your brain, for example, then you need more neurons or more astrocytes or dendrocytes to grow new brain tissue. If you have damage in your intestines with Crohn's or colitis or some digestive issue, then you need more enterocytes to build up the intestines. If you damage your liver, you need hepatocytes. If you damage your heart, you need cardiac cells. If you damage your bone, you need osteocytes. All these things help repair and regrow the organs in your body. This is going on, day in and day out. But when we have chronic conditions like cirrhosis of the liver or atrial fibrillation, then if stem cells are introduced, they can repair a lot of different chronic conditions medicine has not been able to touch historically without having a significant number of side effects or needing a complete organ transplant.

Some of the conditions we've seen effectively treated are Achilles tendonitis, osteoarthritis, patellar tendonitis, tarsal tunnel syndrome, spinal arthritis, shoulder pain, Hashimoto's, macular degeneration, neck pain, golfer's elbow, foot pain, failed back surgery, COPD and lung issues, cartilage defects, rheumatoid arthritis, whiplash, and runner's knee. The list goes on and on. But the FDA has not cleared any particular disease to be treated, reversed, or prevented with this product. This is a tissue; therefore, it falls under the tissue reference guidelines. It's not a drug or a biologic, so it is classified differently.

Please don't take this the wrong way if it seems I'm claiming that this tissue can treat your disease or cure you or heal you from anything. We use the tissue to create the right environment for your body to regenerate itself. We're giving the body the same properties your body uses to heal itself. Anytime you manipulate this tissue; then it falls under a drug category or a biologic, which is not what we're using, you run the risk of causing harm. I appreciate the fact that we can use the tissue in its unaltered state. You typically don't want to mess with Mother Nature.

Is Medicinal Cell Therapy Right for You?

If you're still reading this book, I take it you might be interested in finding out if stem cell or medicinal cell therapy is right for you. Before we switch gears and start talking about specific conditions, the very first thing I'd have to know is how your pain is affecting your life. What would you say is the most difficult thing about living with chronic pain? Is it the lack of activity? Is it the weight you're putting on? Is it the poor energy? What is your pain doing to you on a day-to-day basis? How is it affecting your relationships? Is it affecting your ability to work or enjoy life? You want something besides drugs, and you want something besides surgery.

If this is you, I want to tell you I was in your same shoes. I completely understand where you're

coming from. If you are thinking, "Wow, I want to see if stem cell therapy could be the right fit for me," then I would say, "Send me an email." You can reach me at info@gowellness.com. Let's find out if we can't find a practitioner near you who could help you discover if you're a good candidate for this therapy or not. Not everybody is going to be a candidate for this. We ask you reach out to us. We have got a quiz at the end of this book. Take the quiz. Send it into us. Take a minute right now and send that in and see if you're a good candidate for this therapy or not.

The biggest thing I find with people is if we don't prioritize our health, then nothing can happen. Nothing different is going to happen. How many of you are good procrastinators? How many of you could write the book on procrastination? You're going to do it tomorrow, right? I'll let you know tomorrow. I'll get that book to you, but I get that. Right now, I'm asking you if you've said, "Man, I think this therapy could help me." Then, we need you to get out there and get this done. So, fill out the quiz at the end of the book, and we will get that to you.

Medicinal Cell Therapy for Knee Pain and Neuropathy

The number-one condition we've seen amazing results with our issues with the knees. Many people come to us and say, "I have bone on bone. You won't even be able to get a needle into my knee." The hardest thing about knees is cartilage gets degenerated. Once it gets about 60% degenerated, that's where you have stage four arthritis. That's when the symptoms start to show up, the pain. It can sound like you're walking on dried twigs in the forest because your knees are so broken down.

In some of the early research, they found that stem cells can help regrow some of that cartilage. In patients we've sent back for images, we found on average about a 75% improvement in cartilage thickness right around month five or

month six in treatment plans, and typically, this is permanent.

The treatment option for knee pain usually involves cortisone injections. These have side effects. They're powerful anti-inflammatory drugs which reduce swelling, but the problem is, when you have a cortisone injection, you can have up to an 8% loss of bone mass in four months. This is why you can only have three injections per year. Low doses can even cause cataracts and elevate blood sugar. Then, once the steroids don't work, most people jump into knee replacement.

I know the many of you reading this are trying to avoid a knee replacement and would like to have a different possibility. When it comes to knee replacements, we can all name people who've done great with those. We also know people who have not done so well. With knee replacements, what we found is 50% or more will need additional surgery. There is no guaranteed result, and then the rehabilitation time could be three to six months of physical therapy, three or five times per week. It's a huge burden on your time and energy and resources, and the average cost for knee replacement is at least ten times more than stem cell therapy. The average right now is close to \$60,000 per knee. I ask people, "Well, what's the cost of your lost time and the pain and suffering not only for yourself but for the family members who are taking care of you throughout this surgery?"

We've seen that meniscal tears can be regenerated and rebuilt permanently with this cell therapy. There have been multiple studies which have shown this. To date, we've documented more than a thousand different knee procedures at our clinics, and we've seen about a 65% improvement rate at three months and about a 94 to 95% improvement rate at six to eight months. A lot can be done with knees that don't require invasive surgery.

Back, Neck, & Shoulder Rejuvenation

The other areas we see phenomenal results in are disc issues in the back, degenerative disc, or arthritis. Stem cells not only help correct the disc itself, but one of the things that stem cell therapy can do for the spine is bring new blood supply to those muscles which have lost tissue or lost oxygen to the tissue. They can help create more stability in the structure. The other thing we've even seen in degenerative discs is it can decrease the inflammation so the disease pattern doesn't persist. These are some great things it can do for the spine.

Another area we see great results with is shoulders, and many of you know about my shoulder procedure. We've seen it help with rotator cuff damage. We've seen it help with

arthritis and multiple issues with cartilage degeneration in the shoulders. We see phenomenal results with the ankles. One of our patients was a former baseball player, and his podiatrist wanted to fuse his ankle, but he didn't want to do that. He received treatment at our clinic, and in 30 days, he had a 75% improvement in his dorsi and plantarflexion.

We have patients who come in for neuropathy. Many people who have neuropathy are told, "There's no cure for it. You're just going to have to learn to live with it." Some are given medications, like gabapentin, which is a medication for seizures, but it can give a neuropathy patient some relief. What if we could regenerate the nerves and restore circulation? One of the things we found is that mesenchymal stem cell therapy can offer a modern treatment option for patients suffering from neuropathy. Studies are going on right now even at the Cleveland Clinic.

There's a professor of anesthesiology there named Dr. Cheng. He said "Mesenchymal stem cell transplantation significantly reduced pain sensitivities in animal models. These cells produced immune modulatory and anti-inflammatory effects promoted sensory nerve repair and showed strong, analgesic properties which could provide a safer and more effective alternative to current treatment modalities in the management of neuropathic pain." A lot can be done with neuropathy.

We had one of our patients who came in for a neuropathy treatment. His doctor was concerned that he would have to amputate his left leg because this patient had a non-healing, diabetic wound that kept having recurring infections. Not only did the medicinal cell therapy help his neuropathy and correct it, but it also helped his wound recover.

We see phenomenal things with lungs. One particular study was done at the Lung Institute. They took 349 patients, and from all these patients, what they discovered is that 84.5% of these patients found their quality of life had improved among other promising statistics.

As you can see, there are many applications for better health. We see phenomenal results in hip arthritis, knee pain, and tendonitis. The list goes on and on. To date, we've seen dramatic turnarounds, but we also know that there are other factors that come into play with this therapy. This is where other treatments come in.

Every patient that we work with receives a comprehensive blood chemistry test so that we can determine if there might be anything that would get in the way of the healing process. A proper nutritional program is also put together and you will have a nutritional coach. You will also receive acupuncture as a very effective way to promote the growth and proliferation of your stem cells.

Brain Regeneration with Intranasal Medicinal Cell Therapy

In keeping your body as healthy as possible, regenerating your joints, tendons, or organs which have degenerated over time, one of the main organs you want to look at is your brain. One of the areas of research was published in 2016 in **Nature.com**. What these age extension researchers noticed is that the numbers of neural stem cells in the hypothalamus of mice declined sharply at about ten months of age. Most mice die at around two years old, but what happens is, at around ten months, when the stem cells in the hypothalamus decline, these mice also noticeably age.

At two years, most mice have no more of these stem cells left. What the research team

wondered is if these mice would age faster if these stem cells were gone. They targeted these brain cells in the hypothalamus with viruses to selectively destroy them, and what they found is that the result quickened the aging process. It accelerated memory problems; it created muscle weakening and coordination decline. These mice also died a lot sooner. Then, the researchers asked the question, "Would these mice have their youthfulness restored to them if stem cells were repopulated and reintroduced into the hypothalamus?"

What they found is, with these neural stem cells that were reintroduced through stem cells that were derived from the human umbilical cord, these mice had a reversal of aging. The mice became younger just by replenishing the neural stem cells for the hypothalamus in the brain. They found that it's possible to slow and even reverse various aspects of aging throughout the entire body because it wasn't the brain that got healthier; it was the entire body.

One of the things that I ask you is, "What age would you like to live to be?" Imagine yourself at that age, maybe at 100, and you feel great. You'd like to consider yourself blessed that you're still mentally fit, you have the financial resources, and you have great relationships. Now, I want to ask you, "What age would you want to live to be?" How can we do that? One of the ways we can do that is to multiply your youthfulness by multiplying your stem cell health. We've done it

in knees. In thousands of cases, we've been able to regenerate knees.

We've helped hundreds of hips. We can regenerate cartilage or correct bursitis. We've done it in the back and the neck. We've done it in shoulders. Now we're going to talk about replenishing stem cells in your brain. How would you feel if you had the cognitive abilities to learn quicker and read quicker? What's the worst part of having poor brain health? How does it affect your relationships, your ability to work and learn, even your ability to enjoy life? A lot of us have had massive concussions that we've never had treated.

Many of us have had toxic exposures or chronic conditions where we've had stress, whether it's emotional stress or otherwise. Introducing new stem cells to your brain can be one of the most lifesaving things you can do. This is what's going to promote longevity and youthfulness. The big issue we have is how to safely cross the blood-brain barrier, and get stem cells into the brain. I don't know about you but drilling a hole in my head is not something I wanted to have done to treat my brain.

One of the premier stem cell researchers is named Dr. Arnold Caplan. I recently had the opportunity to hear him speak. He said, "The best technique for getting stem cells into the brain is intranasal. The sensory nerves which allow you to taste and smell are in the sinuses,

and that's the best way to access the brain." I started researching that, and I found there are several studies which show intranasal stem cells can improve cognitive and sensorimotor function.

They also can help with neurodegenerative conditions like Parkinson's or Alzheimer's. Intranasal stem cell therapy is very safe and very effective. One study published in 2017, was on intranasal mesenchymal stem cell treatment after hypoxic ischemia. Those are patients who had a stroke, brain injuries, or concussions showed improved cognitive function. It increased sensorimotor function, and the outcome was maintained.

This is not just a simple, quick fix. It can maintain the function of the brain. If you look at your sinuses, they are an amazing portal to the brain. Of course, you have your olfactory bulb for smelling. You have all your nerves for your eyes. Your pineal gland can be accessed through the sinuses, the hypothalamus, and the thalamus. You can even access the hippocampus and the cerebellum, the pituitary gland, the amygdala, and even the brainstem for brain injuries.

There is a researcher named Dr. William Frey. He is a senior director of neurosciences research at Regions Hospital in St. Paul, Minnesota. Dr. Frey discovered the intranasal method is a great way for bypassing the blood-brain barrier with both insulin and stem cell therapy. In his studies,

they've discovered that treating Parkinson's, stroke, MS, brain tumors, spinal cord injuries, and other brain disorders can be very effectively addressed with intranasal stem cells. He's also seen it in Alzheimer's work. He's seen most of the studies of intranasal stem cells done in animals, but they've also been very effective in humans.

Because of the blood-brain barrier, you'll find introducing medicinal cells intra-nasally is a breakthrough. They found that after the stem cell treatment, the pro-inflammatory cytokines in inflammatory brain diseases go down to normal level. They also found that it takes about 10 minutes for the stem cells to reach the cerebral spinal fluid, and then it takes about 20 minutes before it reaches all the compartments of the brain. Dr. Frey and his team found that their study shows highly significant improvements compared with placebo in motor function and movement.

There is another study that found that using intranasal amnion tissue treatment prevents vision loss and neurodegeneration. If you have any issues with sight, macular degeneration, blindness, or glaucoma, intranasal might be a safe and effective option. Using this amnion tissue like we use or the umbilical cord tissue, the numerous cytokines and growth factors create this activation of the intracellular signaling pathways and promote neurogenesis.

When using this application, there are three things that happen. The first thing is it suppresses inflammation in autoimmune diseases. If you have an autoimmune issue, using intranasal stem cells from birth tissue, or prenatal stem cells, can calm down your autoimmune response. The second thing they found is it prevents brain damage and acute head injury, even in chronic cases. If you've had acute or traumatic or chronic traumatic brain injuries, then using intranasal stem cells not only helps repair the tissues that have been damaged, but it's sustained, long-term. The third thing it does is calms chronic neurodegenerative diseases such as multiple sclerosis, Parkinson's disease, ALS, Alzheimer's, dementia, and many other neurodegenerative diseases.

There's a study called the intranasal delivery, a novel amnion cell secretome prevents neural damage and preserves function in a mouse multiple sclerosis model. This study found that intranasal amnion was safe and well tolerated with in a mouse model with multiple sclerosis. They also found that there were no unwanted side effects, and it stimulated normal levels of receptors of even the healthy cells.

We're finding phenomenal outcomes. One of our recent patients who had had a stroke was treated recently, and after the third day of treatment, he started making sentences. He hadn't formed sentences in four or five years.

We have another patient with MS whose tremors diminished 60-70%, her strength is improved, and especially her speech. She is able to get out of her wheelchair and walk longer distances and can pull herself in and out of her car.

I found for myself personally, when I had it proactively for the handful of concussions I've had, immediately following the therapy I could smell better. My sense of taste was amplified. I could hear better, and I can see more vibrant colors. I found that it has calmed my entire brain down, so my brain works better. It also feels better. This is another way of using medicinal cell therapy very effectively. If you're looking for an improvement in your overall health, then think about treating your brain first. It's a great application.

We use a simple medical device; the process is very easy, noninvasive, with no needles or injections.

Enhancing Stem Cells With Testing, Sleep, and Nutrition

Each person that we've treated is taken care of comprehensively. We don't just apply a single treatment and send you on your way. We take the time to address all the key factors of your health including lifestyle, physical fitness, and nutrition. In many cases we will order comprehensive labs to test your gut health, genetics, hormones, and vitamin levels. Our healthcare teams across the country work together in understanding any underlying inflammatory conditions that would prevent you from getting the results that you are looking for. I have seen several patients who have had stem cell therapy in the past who have not had great outcomes because they didn't do the work of getting their body healthy enough to receive the benefits of the therapy.

Your results will be improved by making the commitment to get your entire body healthy, reduce your stress, and get incredible sleep. Swiss researchers from the Center for Integrative Genomics discovered how a disruption of normal sleep rhythms could disrupt stem cell functioning. Published in the leading journal Cell Stem Cell, the scientists realized that your stem cells need their beauty sleep to survive. At least 7 to 9 hours of uninterrupted sleep per night will allow your new stem cells to repair and rebuild what's been lost.

FOODS CAN CREATE OR ALLEVIATE INFLAMMATION

The other part of health that is often overlooked with stem cells is the food you eat. You can turn on or turn off stem cell growth based on what foods you put into your body. The goal is to reduce inflammatory foods as much as possible for your stem cells to thrive and add in nutrient dense foods that will fuel cell regeneration. It is best if you avoid inflammatory habits such as sweets or alcohol consumption. These don't interfere directly with stem cells, but they cause inflammation, which can cause pain to persist. It is best to avoid unhealthy foods such as fast food, junk food, and general foods you know are not good for you. Also, if you have any food allergies, please avoid these foods completely. If you don't

know if you have food allergies, and would like to find out, let us know and we will discuss getting you tested.

The most inflammatory foods we've found are the following: AVOID

- Sugar and alcohol (no more than 25/30 grams of fructose max)
- Gluten (wheat, rye, barely, etc.)
- Soy
- Dairy
- Processed grains (corn, breads, pastas, cereals, packaged foods)
- Molds (alcohol, cheeses, environmental)
Avoid these as much as possible and try to eliminate them completely for 12-32 weeks following the procedure for the most optimal outcome.

EAT ORGANIC, GRASS-FED, WILD, REAL (NOT PROCESSED) FOODS:

Follow a low inflammation type diet.

EAT CLEAN FATS 135-150 GRAMS PER DAY:

(They regulate hormones that influence stem cells and fuel your brain)

- Avocados
- Coconut oil
- Olive oil

- Butter or Ghee from Grass Fed Cows
- Wild Caught salmon, anchovies, sardines, and haddock are great.

VEGETABLES/GREENS:

(Eat 1-2lbs/day)

- Asparagus
- Cucumber
- Mixed Leafy Greens
- Arugula and Beets

Always cook cruciferous veggies (spinach, collards, Brussels sprouts, broccoli, cabbage, cauliflower)

CLEAN PROTEIN 120 TO 140 GRAMS PER DAY:

- Grass-fed Beef or Lamb
- Pastured Eggs (organic/free range)
- Sockeye Salmon (wild caught)
- Chicken (organic, free range, an -bio c free)
- Eat more fat, greens and protein in the morning and wait until later in the day to eat any starches, fruits etc. Protein provides the building blocks for stem cells to grow cartilage, ligaments and tendons.

HEALTHY CARBS 50 TO 100 GRAMS PER DAY:

- Best to eat later in the day to keep blood sugar stabilized.
- Rice, Sweet Potatoes, Plantains, Quinoa
- Blueberries, Apples, Pineapple

USE TIME RESTRICTED EATING AND FASTING

- Fasting increases stem cell release rates
- Ideally eat in a 8-10 hour window each day but no more than 12 hours. Give your digestive system a rest daily and you will decrease inflammation. The first and last things that enter your digestive system is when you start and stop your eating window including calorie-free items like black coffee, tea, or supplements.

AVOID NSAIDS or STERIODS

IT IS VITAL that you do NOT use certain-inflammatory medication/NSAIDS (i.e.: Ibuprofen/ Motrin, Aleve/naproxen) for at least 4 weeks, after your injections. These drugs have been shown to interfere with the stem cell healing process. You may use heat for muscle spasms and to promote blood circulation and decrease inflammation but limit cold exposure, as stem cells need blood to thrive.

SMART EXERCISES

Swimming and Super Slow training as described in the book, Body by Science. Swimming is very low impact and can assist in better blood circulation. Super Slow training requires controlled lifting that allows your body to complete full range of motion movements without compounding stress on the body. Yoga, light stretching, qi gong and tai chi are all daily activities that are highly encouraged. Movement is healing and the gentle movements that take you through full range of motion will allow your stem cells to lay down healthier tissues.

BRAIN REGENERATION

- Use Halo Sport for Neuropriming
- DAILY CILTEP, VITAMIN D, NOOTROPHICS
- Hyperbaric Chamber for Nitric Oxide Increase
- Learn something new, challenge your brain.

How to Reverse Pain and Chronic Disease and Get Back to the Life You Love

If you are intrigued with the possibilities the breakthrough in Stem Cells could provide for your life, I invite you to call us at **801-582-2011**, or email us at **info@gowellness.com** for a digital copy of the Stem Cell Assessment to help determine if you are a good candidate for Stem Cells.

Once we determine if you are a good fit for our unique regenerative process, the next step would be to get a medical evaluation and consultation set up. We can do this over the phone, or we can do it in person. We go through your medical history. We can find out if there is any reason stem cell therapy would not be the right answer for you. That process will also help us take a

detailed health history and then review any images or labs you've had so we can make sure we get the best possible outcome for you.

Once we find out you're a good candidate for the therapy, we set up a date to have you get the procedure. The procedure is very pain free. It can be done in office. You can go home the same day or the next day. There's no recovery time, no down time. It's a very simple, in-office procedure. No surgery, no invasive, medications, and the procedure itself is pretty much pain free.

Most people will start to feel better within the first week, but usually at about 30 to 90 days you will start to feel the effects of the stem cells. To get started, call us at **801-582-2011**.

Stem Cell Therapy Quiz

How Can We Best Help You?

Instructions: Once you've read the book, please rate yourself on where you would like help by circling the number that accurately scores where you are for each statement.

0 means the statement is not at all true for you

5 means the statement is very true

1. I would like to use stem cell therapy to end my pain and improve my life.

0 1 2 3 4 5

2. I have knee pain and I would like to avoid surgery.

0 1 2 3 4 5

3. I have ongoing back or neck pain that I would like to see if stem cells would help.

0 1 2 3 4 5

4. I suffer from tendon and muscle pain and am looking for lasting relief with stem cell therapy.

0 1 2 3 4 5

5. I have neuropathy and would like to find out if stem cell therapy will help end the numbness and pain.

0 1 2 3 4 5

6. I have Brain issues that I would like to get rid of with stem cell therapy.

0 1 2 3 4 5

7. I have thyroid or an autoimmune condition that I would like to use stem cell therapy for.

0 1 2 3 4 5

8. I have lung and respiratory conditions that I would like to see if stem cells can help.

0 1 2 3 4 5

9. I've done my research about stem cells and am confident about the possibilities.

0 1 2 3 4 5

10. I realize that stem cell therapy works best when combined with correct lifestyle choices, proper nutrition, and follow-up care.

0 1 2 3 4 5

Are there any other health conditions that you would like to get rid of, if you could, with stem cell therapy?

To get started with your healing call us to discuss your results at **801-582-2011**.

Medicinal Signaling Cells, Reverse Pain and Chronic Disease and Getting Back to the Life You Love

You have 300 million cells that die every minute and the faster they die off the quicker you age. The best way to slow down aging and degeneration is to have healthy, robust stem cells replacing the ones that have died. As we age, we lose stem cells and don't heal as quickly, this is why you don't bounce back as quickly from an illness like you did when you were younger. This book will show you how to regain the healing capabilities you had in your youth so that you can live a long, healthy life with MSC's, or Medicinal Signaling Cells.

The biggest breakthrough in healthcare is with tissue based cell therapy, called MSC-or

medicinal signaling cells. We have just begun to scratch the surface of what this amazing therapy can do to help you recover from pain or chronic disease in a natural, safe way that doesn't require drugs or surgery.

Step 1: Contact us for a copy of our Cell Breakthrough Assessment to find out if you are a good candidate for stem cell therapy. Fill out the assessment and email it back to us at info@gowellness.com.

Step 2: We are happy to offer a complimentary medical evaluation with you either over the phone or in person to go through your medical history and find out if there is any reason why stem cell therapy would not be the right answer for you.

Step 3: We schedule the short, painless, in office procedure so you can get started living your life and feeling great.

Most people think aches and pains are just a natural part of getting older. They suffer with chronic pain and disease thinking there is nothing they can do, so they learn to live with it.

Now, with Medicinal Signaling Cell therapy, you can reverse your pain and chronic disease and get back to the life you love.

If you'd like our help, send us an email at: info@gowellness.com or call me directly at my East West Health clinics **(801)582-2011**.

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**Regan Archibald, LAc, CSSAc
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